

Here begin

with a litle treatise conteyninge the  
ingeniet shewynge most necessary for al such as  
be desirouse to knowe the state of their owne  
bodye as he mylling to helpe theyr  
frindes, writtyn in the laryn  
tong by John Gasse and  
englisshed by Thomas  
the Lord  
at the request of the Right  
Honorable the Lord  
Stafford.

1189  
K.  
Navaeus (G.)

Printed at London by Ri-  
charde Cottrell dwelling in  
Herteshere at the signe of the  
hande and starre within  
Temple barres

1555.

Cum Privilegio ad imprimendum  
solum.

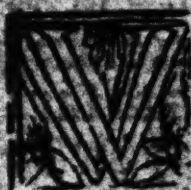




20 To the Right Honorable & his  
very good Lord & Lord Haultord,

Wunne I loyd wyth the contraryall  
helth and encrease in all  
body knowledge

(1.3)



her as this yere passyd (Ri-  
ght Honorable and my sin-  
gular good Lord) I byd at  
your commandemet trans-  
late a lytell treatise of phisicke intit-  
led & treasure of helthe, out of latyn  
into thys our mother and boulgare  
tong. Unto whiche boke (cōteyn-  
yn hit selfe & signes and causes of  
many diseasys and syknesse, wyth  
dyuerse and sundrye medecyns for  
to cure thet of) your lordshipe thou-  
ghte it necessary to adioyne Iunn ly-  
tell treatyse, wherby the phisicion  
shuld perfectly iudge in what kind  
of siknesse the pacient was greivyd  
withall. And seenge it to be cōfyd  
that the same may be done dyuerly,  
as by the pulses, spittell, sweete and  
other excrementes of & body, yet  
neverthelesse & phisicions do as afore

that the surest and most generall  
way of iudginge the nature & place  
of the siknesse, is by y<sup>e</sup> Urpne: wher  
vpon your lordshype readinge ouer  
diuerse booke entreating of y<sup>e</sup> same  
mater, dyd mete with one accordyng  
to your owne desire, thāt ys to saye  
easy to vnderstande, and very breffe  
and compendyoue wythall, whiche  
booke also (accordyng to your Lord-  
shyps commandement. I haue. En-  
glished after suche simple knowlege  
and learnyng as I haue, desirynge  
your lordshype that although the stile  
be rude and barbarouse, yet to accept  
my good wyll whiche sought not  
decke and garnyshe the same wyl  
eloquent and fyne fylled sentences,  
but rather was content (as the ma-  
ter dothe requier) playnly and simply  
to declare y<sup>e</sup> meaning of y<sup>e</sup> auctor: so  
y<sup>e</sup> hyt may as well profite y<sup>e</sup> vniuersite  
as suche as be endued w<sup>th</sup> knowlege  
as your lordshypes moste Godly en-  
ter was whō I desier y<sup>e</sup> lord to pre-  
sent in all your aduys.      Thus.

**V** When the dyuerſe operations  
do conſiſte in the thre cheſte &  
principall membres, the brayne  
the hert & the lyuer, by the funcyōs  
and uſe wherof, the weakneſ and  
ſtrengthe of them is eaſy perceyvd,  
as of the brayne by y<sup>e</sup> memory and  
reaſoninge with the other fre uſes  
belongynge to the ſame, of the hert  
by the pulſe or mouing of y<sup>e</sup> arteries,  
and the operatyone of the lyuer  
whiche conſyſtethe in the bely any  
entrayles is iudged ſtronge or wea-  
ke by y<sup>e</sup> ſiege and ſtoles, but y<sup>e</sup> other  
parte therof whoſe uſe is in y<sup>e</sup> vryns  
is knowne by the water and vryne  
wherin be moſt cleare and euident  
tokens ſome of perfecte digeſtion,  
ſome of vnperfecte and ſome of no  
digeſtion at all, euyn as happeneth  
in the bely alſo lyke as by the bely  
certain things are voyded whiche  
declare other diſeaſys. So by y<sup>e</sup>  
vryne notable affectyons are knowne

although not all, as the paynes and  
grette in þ muscles can not be suer-  
ly iudged by the water, neither the  
equiancy nor þ paynes in the breste  
nevertheless the water is to be con-  
sidered in suche diseases for if it be  
good it is a signe of helthe, & if it be  
euell the sicke is in leopardy of dethe  
as it dothe moꝝ playnly appere in þ  
commentarpe of the thyrde boke of  
the epidemyes, the bryne is the su-  
perfluite of the humours coteined  
in the veynes.

The tyme and maner of keepinge  
of the bryne.

1. **L**et it be kepte after perfect  
digestion

2. Let it not be kepte past fyre hou-  
res, or one alone as anycne saithe.

3. Let it be taken hole and no parte  
thereof.

4. Gue no iudgments till it hath  
remayned a while in the brynell.



**T**he first and y<sup>e</sup> laste  
because of y<sup>e</sup> contebtes whiche  
be superfluyties of the thyde  
digestio. of whiche iudgment ought  
to be geuen.

The second is because then the sig-  
nificatyon is of lesse strenghte, the  
colour is changed, the substance is  
dissoluide, changed, and made moze  
thicke.

The thyde is y<sup>e</sup> perfecte knowlege  
may be hadde.

The thinges whiche let and per-  
turb iudgmente.

1. Moche mourning or slurringe.
2. A darke place.
3. A place to light or open.
4. A grene byrnalle, to brode nor to  
narowe in the lower ende.
5. The sonne beames.
6. Colde.
7. Heat.
8. Wet.

A. M.

D. M.

10. A medecyne.
11. Excesse.
12. Fastinge.
13. Watchinge.
14. labour.
15. Anger.
16. feare.
17. The companie of women.
18. Dromyting.
19. A purgation.

**T**he first is lest, many thynges be therin changed, for the bubbles do breke and the contentes do remoue from their proper places.

The seconde is, because darknesse dothe dymyne the colour.

The thyrde and fyfth be, because muche light dothe make the coloures lesse euident.

The fourth is, because grene dothe bothe dyminish the colour and substance of the vyne also the colour is not exactly perceyued.

the contentes to bepe theye proper places.

The fixthe and seupnthe be left the wynde trouble hit, orelles it be congelyd with colde.

The eyghte is because þe meate if they be not well digested and charged to bloude, doe make the water lyke them selfe, as herbes be.

The nenyght is euydent for if a man drinke whyte wyne the bryne will apper whyte and watery. if you drinke thike and blacke wyne, the bryne is thicke and blake, and lyke boyle pelowe when a man drynket pelow or wyne.

The tenth is as if a man have eaten cheubarbe for by 7 by þe colour both appere in the bryne, and likewise is cassia fistula.

The .11. .12. .13. .14. .15. and .16. be because all these doe colore þe bryne.

The .17. is þe carnall copulation.

thicker substance  
Also vomiting and purging doe  
change the colour and substance  
of the Urine.

**¶** The Urine is iudged by  
these thynges.

**¶** The substance.  
the quantitie.  
the clearenes or perspicuitie.  
the colour.  
the odoure.  
the maner of pissinge.  
the contentes.

The substance is of thre kyndes.

Thenne.

thicke.

meane.

The quantitie is also threfolde.

Muche.

lytell.

meane.

Perspicuitie



Whithere.  
Thyghtlere.  
Thicke or troublouse.  
Meane.

The coloures be manifold  
bery whyte

White

meane white

Very white

Whyte as Cristall.

Clere as water.

meane white.

White as mylke

Gray as the heres of A Camell

Clere lyke horne

Balew

Flaxen

Velow as golde

Lyght Velow

Light saffron

Full saffron

Redde

Clarete

Crymsyn

Purple

Wlen  
Grene  
Pale  
Blake

**C** The maners of making  
waters

Harde.  
Calpe.  
Deane.  
Voluntary.  
Not voluntary.  
Paynfull.  
Without payne

**C** The contentes

The sedymment.  
The sublacyon.  
The cloude.  
Bubbles  
Dyces.  
Shauinges.  
A circle.  
frothe  
Fatnesse.  
Water.

Cracull

Brauell.

Stones.

Whelme.

Congeled bloude

Peaces.

Huskes.

Seede.

The best water beinge an ex-  
ple and rule of all other, the which  
is founde in temperate men of flou-  
rishinge age

Of colour, light Saffron or lighte  
Golbe. Of substance betwixt cleare  
water & thick as y<sup>e</sup> bryn of beere  
In proportion like to the same  
Not cleuinge to the vryuall.  
With a sedymēt.

Whyte.

Light.

Equall.

Without heate, bubbles & such  
suppl conferres. Whatsoever water  
dothe differ in any point from this  
doth declare some disease.

**The waters of old men**  
whete.  
Thynne.  
with a lytell sedymēt and somewhat  
rawyshe.

**Of children.**  
Declyninge from lightgolde and  
lightsafron.  
Somewhat passinge in substance &  
waters of yonge men with muche  
sedymētes.

**Of temperate womē in floxt  
yonge age.**  
Somewhat morewhete then light  
gold & light safron.  
thynne in substance  
with mozt contētes then the waters  
of men.

**The waters of suche as bte  
to muche exercise.**  
Yelow as Gold or Safron  
more thynne and few contētes  
fathelle swymminge aboute.  
**Of sluggishe and ydle men.**

Sumwhat



Whiche is white

with muche and rare contentes

The subiect of waters according  
to the tymes of the yere

In the beginninge of springe

white or palew

Muche in quantite

with muche thicke & rare contentes

In the end of springe

Betweene palew or flaxen. And

light gold or light saffron. Equall

in substance.

with meane contentes

In the beginninge of sommer

Light gold or light saffron

thynne in substance

Meane of sedymentes

In the myddell of sommer

Yellowe as Golde or Saffron

thine in substance

little in quantite

with few white and thine contentes

In the beginninge of heruest.

Whiche is meane

thine and clere

fewe in quantite  
with fewe contentes

whyte

thyne

equall

In the begininge of wynter  
somewhat whyte  
thynne of substance  
with muche contentes and meane

In the ende of wynter  
whyte  
muche in quantite  
differinge in substance  
with muche and fewe contentes

The indymment of waters in  
symple complexions.

In a hote complexion  
Yellow as Gold or Saffron  
in substance passinge meane to the  
a certyne clernesse with meane  
contentes couerynge naturall whi-  
tnesse.

In a colde complexion  
somewhat white

thick

thicke of substance  
with few contentes and rawe.

In a moist complexion  
Sumwhat white  
much in quantitie  
with much and raw contentes  
Sumwhat thinne

In a dry complexion  
Meane of coloure & sumwhat cleere  
Meane of substance  
Lytell in quantitie  
with few contents & well digested

¶ The iudgment of waters accord-  
dinge to the region and to the meates  
and drinckes

The waters of suche as haue slepte  
ouermuche throughe the occasiō of  
flegme or of sum cold medicyne

Sumwhat whyte

In substance very thicke or thinne  
with much sedymēt & indigested

The byrne of suche as haue slepte  
accordinge to nature

Wale

B. I.

Meane

Heane in substance  
With much contentes and well  
dygestyd

The waters of such as haue  
watched ouer muche

Thyne  
of dyuerse coloures  
with inequall and stronge contentes

The bryne of such as eate muche  
and be of euill digestion

Thyne  
whyte  
and sumtyme without sedymentes

Of such as be muche surfetting  
stronge and inequall of substance  
and contentes

Of such as fast longe  
Ruddy and Saffron like  
Thyne  
with a litle sediment

Of such as be long without meate  
Thyne  
whyte

without a sediment

The



The iudgment of waters by  
theyr substance

Thynne & subtille water signifieth  
Lacke of naturall heat  
the opplation of the veynes of the  
lyuer of the rayne & bladder weak-  
nesse of nature, the attractive power  
of the wayes of y bryne to be hurt,  
gret coldnes and drynesse

In sharpe diseaies  
weaknesse of digestion  
the rationell of the siknesse and of y  
humors in the veynes

If hit longe endure  
Death if natur be not stronge  
An impostum to breake in the lower  
parte if hit be stronge

Thicke of substance  
The strife of nature with y humour  
The abundance of the humour  
The thicknesse of y thynne through  
cold

If hit bathe ben thynne before  
The beginnyng of digestion

B.ii.

The

The thickeſſe is of two kyndes  
cleare

Troublouſe

Clear ſignifieth

The reſolution of ſtymy flegme

Oyenge colour ſignifieth

Below cholet

troublouſe and thicke

Indigeſtion with muche wynd  
pletty of humores expelled by nature  
the labour of nature in ſeparating  
and expellinge.

But it is conſidered thre wayes  
for eyther

It is made cleare and afterwarde  
waxeth thicke

Or it is

Made thicke and after ſtandynge  
waxeth cleare

Or

It remaineth euer lyke

The firſt ſignifieth

That nature prepareth herſelfe to  
the digeſtion of raw humours

The

**The second**  
**Some troublefull inequality to be**  
**mayne**

**The thynde**  
**That nature is somewhat stronger**  
**the quantite of grosse humores be-**  
**side muche wynde**

**A generall rule of al troubled**  
**waters**

**The separation of the thicke fro the**  
**thyne eyther quickly or slowly done**  
**or els none at all**

**A Wryn meane not clear as water**  
**nor troubled as the water of hoyses**  
**Helthe**

**The iudgment of waters by the**  
**quantitie**

**Muche in quantitie in hole men**  
**Drinking of thinne wyne & water**  
**the vse of moiste meate**  
**the hardnesse of the bely**  
**to muche vse of thynges that moue**  
**Wryn**  
**the digestion of rawe humores**

In sicke men  
the easie makinge of water  
the cleansinge of superfluyties  
the colligation of the body  
the ende of the disease  
the drynes of the bely

In sharpe agues  
the end of the ague  
Changinge to a consumption  
A conuulsion or crampe

Whyne litell in quanttie  
the vse of dry meates with the grosse  
and stymy  
the Oppelations  
the lax or loosnesse of the bely  
the behemence of an ague  
A sore in the ways of the bryne

The iudgment of waters by the  
colours

White cristalline & watry the  
Rauonelle throughe colde  
the weakenesse of digestion  
an oppelation in þ ways of the bryn  
the auersion of þ humore þ giueth  
coloure



colour

Muche drinke

Scaplyke Camels heart

Weakenesse of digestion

In the beginninge of agues

Great paynes

In the end

Helthe

White and thicke

Abundance of flegme & raw humors

White and fatt

The melting of the fatt

White like unto Milk

The liquesfaction of flegme

In sharp diseases

Deathe of the ptisike

White with matter

An impostem in the bladder or rained

Without matter

The separation of much raw matter

The stone in the bladder

White like unto the seede

The cleansing of stinky flegme

White in the Yellowe jaundies

The complexion

Sumwhat pale

Little digestion then in the white

The solution of the feuer

Sumwhat yelow or sumwhat red

In youthe

Perfekte digestion and helthe

In age

The complexio changed in to more  
sharpnesse

Lyke Golde or Saffron

Muche heate

Lyke golde

throughe the great quantite of mater

Lyke saffron

for the lake of mater

Red

Abundance of coier or the cleerenes  
therof

Red and thynne

A rawe siknesse

Sumwhat Red or claret

Abundance of euill digested bloude

Muche Red choier

Ruddy or crimfy

Muche

Such red choler & filthy bloude  
The same thike & without sedimēt  
Ratonesse with muche wynd  
So crimsyn in þ yelow sandes þ  
It will dye a clothe

Helthe

Sumwhat crimsyn  
An hydropsy

Very red or bloudy  
weaknesse in the raynes  
Abundāce of bloude or sum wounde  
the same thike & muche in quantite  
Judgment and helthe  
Purple in hole men  
heate in the bloude

In vehement agues  
Abundance of foule & noghty bloud  
the changinge of the bloud to Red  
cholet

Derke like sod wyne  
The adustion of choler  
Greene toward blacke  
Abundance of gray & dyolet cholet  
Coldnesse  
Lyke russe

the

the aduersion of Yellow choler and  
change to green

If it contynue

A conuulsion after drynesse

Somewhat whit and oyle

The rarenesse of humores

Very pale and yelow

Heate thrughe choler

With good tokens

Helthe

With euill

Longe sicknesse and deathe

Oyle

The meltinge of the fatte

unnaturall heate & a consumption

Waxinge Oyle by litell and litell

the meltinge of y fatte thrughe the  
hole body

Oyle after blake

Helthe

Oyle the .iiii. day in behement

sicknesse

The seuenth day deathe

Oyle with litell pieces like flethe

The



The hydropſy

The priſke

The colicke

Blew and thine

Abundance of melancholye

Thicke

Great colde

Wane

ſtreyes and beatinge

Blake

great cold or vtter mortification

greate heate or brennyd cholet

cleſſinge of melancholy and helthe

Of colour like vnto blood

Muche indigeſtid bludde thurgh  
debilitie

Blew warme and blake

The mortificatiō of þe lyuely ſpirits

Mortified bludde

Cleſſinge of melancholye

Lyke to pulſe

A greate inflammation in the liver

The liquefactyon of the hole bodye

or of the rayns alone

Lyke

Lyke to tohete byanne  
A hote feuer in the inward partes  
A diseale in the bladder

Lyke to plates or leaues  
A feuer in the strongest partes of  
the body  
A diseale in the bladder

Like the meale of euill grounded  
Barle

The heate of grosse bloude  
A behemēt colliquation of the chese  
membres

In suche as shall recouer offeuers  
Longe sicknesse

In suche as shall not recouer  
Ready deathe

Fatte and greasy  
The meltinge of the fatte & fleshe  
Full of mattrie

A bile in the bladder or yarde  
Filthy lyke myze

Suche grosse humoxes in the body  
or in the bladder and yarde

Polthe in the sciatica and gout

A colde

A colde complexion

Lyke to broken whete or fermetp  
weakenesse of the stomake & gutts

Wiche eatinge of milke and chese

Lyke to grauell

The stone in the bladder or reynes

Lyke to ashes

Must flegme

Matter changede thurgh longe  
contynuaunce

Bloudy

weakenesse in the lyuer

A wounde in the wayes of the byrne

Whatsouer is here sayd of p sedy-

ment may also be attributyd to the

sublations or suspensious and to p

cloudes, except that in cholerike dy-

seasys ther is but a litell sedymente

or nou at al, for hit suffisethe if ther

be a sublatiō or cloude. Also in good-

nes or euilnes the sedymēt con-

teynerthe the first place, the suspen-

sion the second, the cloude the thyrd,

furthermore a suspensiō betokeneth  
the

the breaste to be in þe sydes myddell  
and hysell, þe cloude lyeth wth the same  
to be in the heade.

The iudgmet of vynes by a circle  
or crowne appearinge therein

If ther appeare no circle

The humores be of lyke strenghte

A whyte circle in vyn like golde  
redd and purple

that natur hath þe rule of þe humors

In a grene and derke water  
that the humores do ouercōde natur

A frothy circle

The perturbation of the intetnall  
lenses

Slymy humores

mynd in þe ventricles of the brayne

The iudgmet of waters by suche  
thynges as doo appere in þe toppe  
of the water, & fynde of bubbles  
whiche remayne after the water  
hath stande a while & waxed cold  
White bubles apperinge lyke a  
cumpas of a circle

A lytell



mytell payne in the heade or none  
at all

In thine boelter with indigestide  
contentes

The weakenese of naturall heate

In a thike Uryne

A wyndey Uryne

In thyne Uryne is out a sedymēt

An oppflation in the raynes

A circle of bubbles of colour like  
vnto the Uryne

A great siknesse and paynes in the  
heade and the more like to golde the  
greater paynes

The forsayde bubbles in the myd-  
dell of the water

Leasse paynes

The mater flowynge to the lyghtes  
in sicke and hole

Bigge bubbles without eny order

The myrrigation of the paynes

In hole parsons

Colde spirites

Many inordynate bubbles in the  
face

Part of the water  
Create weabeness of nature  
Bubbles in an ague & aloxe seen  
Mightment hebbe ake

In thine water  
Worlde of all

In thine  
Lesse paynes  
Bubbles in an ague & not before  
seene

That nature goeth about digestion  
Thick bubbles in Urin  
The losinge of nature  
The staynnesse of the reynes and  
bladder

A colde disease in the reynes  
Of the iudgment of waters by the  
smell

A water without smell

A colde complexion

Muche rawnesse or cruditie

And in sharpe diseases for y<sup>e</sup> most  
parte

The mortification of nature

can

In

In hole men it dothe often happen  
that the water hath no smell at all,  
as when the complexion is colde or  
they be full of rancore, which thing  
if it chaunce in sharpe diseases it be-  
tokeneth the mortification of nature  
chiefly when the water hauinge be-  
fore an euell smell, & that suddenly fal-  
linge away it dothe remain with out  
odour or smell

### A sweete smell

The rule or domynion of vniuersal  
mede blub

### Euill smelling in hole men

An aque ensupinge throughe putre-  
faction

A potyon or medecyne

Euill smelling in sycke men with  
euill substance and contentes

The complexion mortified

The same with good substance &  
contentes

A scab or byle in the instruments  
wher throughe the vniuersal

C. 1.

and

And the manner it be rectified

If the smell be stinking

The putrefaction of colde humors

The mortification of natural heat

The judgment of dysuria by the  
manner of pissing

If one can not pisse

The bitterness or acrimony of  
water

The excoriation of the bladder or  
weaknesse therof

An impostume

The stone

The reynes or lyer bringe  
diseases

The breakinge of an impostume

The intemperance or contraction  
in the bladder

If it be in an ague

The infection of all synovial partes  
to make water agaynst his will or  
not to be able to withhold  
his water

The erosion of the bladder

The



The palle of byclopes in the  
noyes whiche shute the bladder

paynefull pissinge

An inflammation

An diceration

An a posteme

An inequalt temperature

Wynne

The iudgemēt of waters by the  
contentes.

The contentes be of thre kindes  
in the botum, and they be called  
bineth, in y middell, & they be called  
sublations in the topp, and they be  
called cloudes, the contentes beere  
tayne superfluyties of the thyde  
gation.

Water without contentes  
nisieth.

Great paynes.

Warme the excretions.

Longe waichinge.

Lacke of mater.

An inflammation in the pynall  
membres

In digestion.

Oppilation.

A great lare.

Corruption of the mater.

The weaknesse of some membye.

In hole men.

Crudite and oppilations.

And if it endure.

Sickenesse.

In the beginninge of sharpe di-  
seases.

Lacke of strenghe.

In meane diseases.

Lesse weaknesse.

With the cancauses.

In impostume.

Very thine and white.

Oppilations.

Great colde and rawnesse.

Pale and somewhat pale.

Little oppilation but no lesse crudite.

Like golde or fallow.

Little oppilations with crudite.

Like purple or red.

Putte

...faction in the ...  
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The ... is ...  
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Substance.  
Colour.  
Lightness.  
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the element of naturall being on the  
earth digested the matter of the  
bodye humors as in the first

Thike

The cleansing of rawe humors  
in the veines

Very white

Matter of rawe humors  
pale and lowe

Yellowe choler in the first  
as choler in the first

15:0

Red choler

Claret & Crim

Yellowe choler in the first  
as choler in the first

Bubbles and things like to be  
in veyn

The colliquation or wasting of the  
veines

The judgement of the bodye  
small then it is according to the face

of the matter  
like unto a spiders web

the



Things like unto beate  
The life of geat beate  
Account all the one  
The lower continue  
The beginning of ending

Things like unto beate  
The life of geat beate  
Great beate in the cupes

Things like unto pieces of fleshy  
A hurt of ple in the cupes  
The life of geat beate  
The life of geat beate

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